AUTODOC CLUB

How to change front anti roll bar links on **BMW X1 (E84)** – replacement guide

SIMILAR VIDEO TUTORIAL



This video shows the replacement procedure of a similar car part on another vehicle

Important!

This replacement procedure can be used for:
BMW X1 (E84) sDrive 20 i, BMW X1 (E84) sDrive 18 i, BMW X1 (E84) sDrive 18 d, BMW X1 (E84) sDrive 20 d, BMW X1 (E84) xDrive 25 i, BMW X1 (E84) sDrive 28 i, BMW X1 (E84) sDrive 16 d, BMW X1 (E84) sDrive 16 i, BMW X1 (E84) sDrive 20 i Flex

---

The steps may slightly vary depending on the car design.

This tutorial was created based on the replacement procedure for a similar car part on: BMW 3 Saloon (E90) 318i 2.0

REPLACEMENT: ANTI ROLL BAR LINKS – BMW X1 (E84). AUTODOC EXPERTS RECOMMEND:



- Wire brush
- WD-40 spray
- Brake cleaner
- Copper grease
- Combination spanner #17
- Drive socket # 16
- Wheel impact socket #17
- Ratchet wrench
- Torque wrench
- Wheel chock

Buy tools

AUTODOC recommends:

- Replace the stabiliser links on BMW X1 (E84) in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – BMW X1 (E84) – should be done with the engine switched off.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

1 Secure the wheels with chocks.



2 Loosen the wheel mounting bolts. Use wheel impact socket #17.



3 Raise the front of the car and secure on supports.

4

Unscrew the wheel bolts.

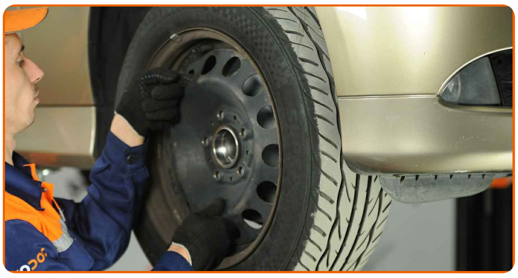


AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while unscrewing the fastening bolts. BMW X1 (E84)

5

Remove the wheel.



6

Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.

7

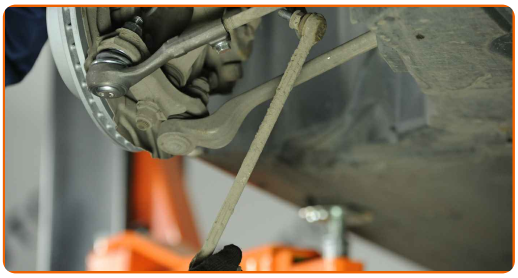
Unscrew the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #17. Use a drive socket #16. Use a ratchet wrench.



8 Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17 (2 pieces).



9 Remove the stabilizer rod.



Replacement: anti roll bar links – BMW X1 (E84). Tip from AUTODOC experts:

- Examine stabiliser bushes. Replace them if needed.

10 Clean the mounting seats of the stabiliser link. Use a wire brush. Use WD-40 spray.

11 Install a new rod, tighten the fasteners.



12 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17 (2 pieces). Use a torque wrench. Tighten it to 58 Nm torque.



13 Tighten the fastener connecting the stabilizer link to the shock strut. Use a combination spanner #17. Use a drive socket #16. Use a torque wrench. Tighten it to 58 Nm torque.



14 Treat all joints of the stabiliser link. Use copper grease.

15 Treat the surface where the brake disc contacts the wheel rim. Use copper grease.



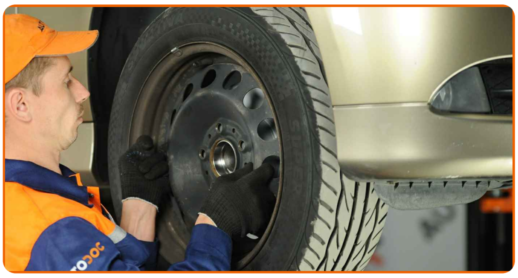
16 Clean the brake disk surface. Use a brake cleaner.



AUTODOC recommends:

- Replacement: anti roll bar links – BMW X1 (E84). After applying the spray, wait a few minutes.

17 Install the wheel.



AUTODOC recommends:

- Warning! To avoid injury, hold the wheel while screwing in the fastening bolts on the car. BMW X1 (E84)

18 Screw in the wheel bolts. Use wheel impact socket #17.



19 Lower the car and working in a cross order, tighten the wheel bolts. Use wheel impact socket #17. Use a torque wrench. Tighten it to 120 nm torque.



20

Remove the jacks and chocks.

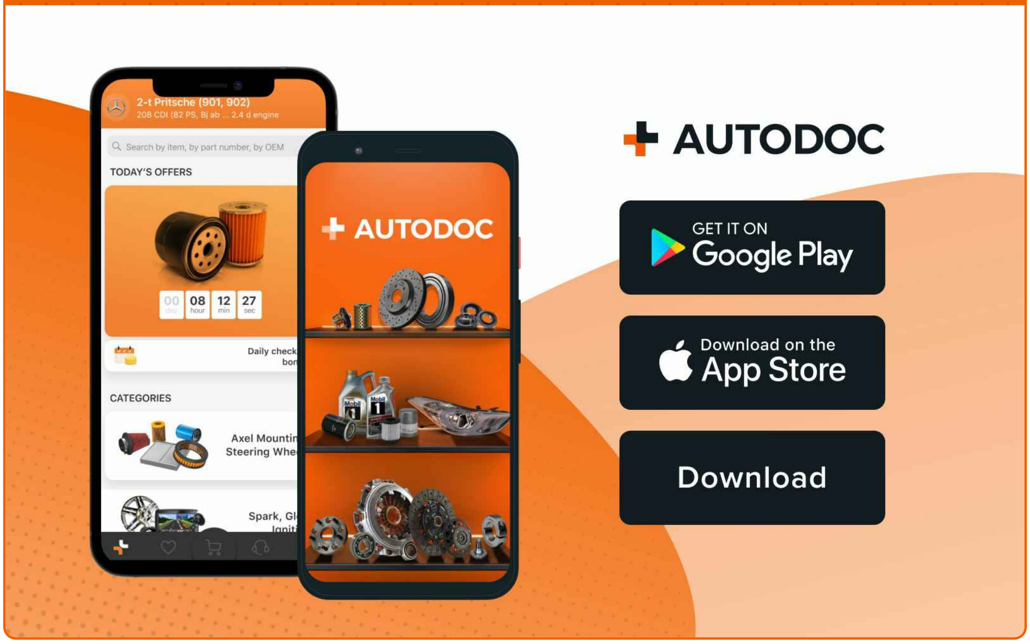


WELL DONE!

VIEW MORE TUTORIALS

AUTODOC — TOP QUALITY AND AFFORDABLE CAR PARTS ONLINE

AUTODOC MOBILE APP: GREAT DEALS AND CONVENIENT SHOPPING



A GREAT SELECTION OF SPARE PARTS FOR YOUR CAR

ANTI ROLL BAR LINKS: A WIDE SELECTION

ⓘ DISCLAIMER:

The document contains only general recommendations that may be useful for you when you perform repair or replacement work. AUTODOC shall not be liable for any loss, injury, damage of property occurring in the repair or replacement process due to incorrect use or misinterpretation of the provided information.

AUTODOC shall not be liable for any possible mistakes and uncertainties in this guide. The information provided is for information purposes only and cannot replace advice from specialists.

AUTODOC shall not be liable for incorrect or hazardous usage of equipment, tools and car parts. AUTODOC strongly recommends to be careful and observe the safety rules when performing repair or replacement works. Remember: usage of low quality auto parts does not guarantee you the appropriate level of road safety.